

WORLD DUCHENNE **AWAREness**

Today we're learning about being a good friend
and understanding differences



WE ARE ALL DIFFERENT



WE ARE ALL ALIKE



OUR BODIES HELP US DO AMAZING THINGS



OUR MUSCLES ARE HELPERS

Muscles help us walk, run, climb, jump, write, smile, breathe, and even help our hearts beat.



WHAT IS DUCHENNE?

Some kids have something called Duchenne muscular dystrophy.

Duchenne affects muscles and can make them get tired more quickly.



WHY DO SOME KIDS NEED MORE BREAKS?

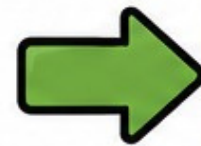


Everyone uses energy throughout the day.
For kids with Duchenne, their muscles have to work extra hard.
That means they may use their energy faster and need breaks more often.



READY TO GO!

I have lots of energy!
I'm ready to learn and play!



GETTING TIRED

I'm using my energy.
I might need a break soon.



TIME FOR A BREAK

My body needs a break
to get more energy.

**NEEDING A BREAK
DOESN'T MEAN
GIVING UP!**



We all need breaks sometimes!
Rest helps our bodies
get ready to try again.



READ



CREATE



REST



REFRESH

THINGS YOU MIGHT WONDER

Can I catch it?

Did anyone cause it?

Can we still play together?

Why do some kids need more breaks?



WHAT DOES BEING A GOOD FRIEND LOOK LIKE?



WHAT WOULD YOU DO?

Your friend is tired at recess.

- A) Tell them they can't play
- B) Ignore them
- C) Ask what game they want to play

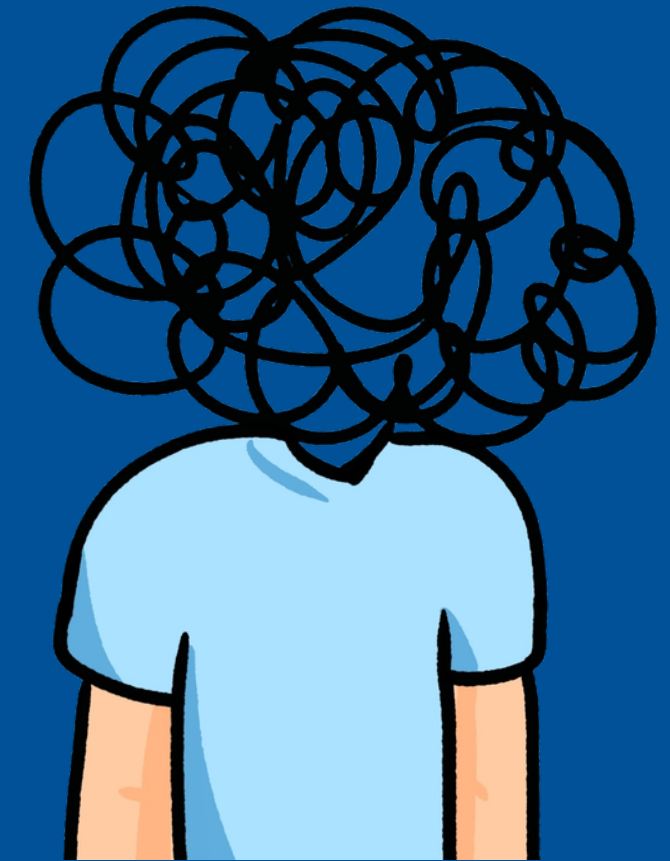
Your friend uses a wheelchair at recess.

- A) Decide what they should do
- B) Ask if they want to join your game
- C) Walk away



We ARE DUCHENNE ALLIES

Class Brainstorm:
What makes a good ally?



WORLD DUCHENNE AWARENESS DAY



**WE ARE
Duchenne ALLIES!**



On World Duchenne Awareness Day, we promise
to be good friends and include everyone.

We are kind. We are inclusive. We are all in this together

